

Abstract of the Disclosure:

A valve lift mechanism, in particular for internal combustion engines of motor vehicles, has a driven cam element, a valve control member which can be driven (translational movement or  
5 pivot rotation) by the cam element, and a flexible enveloping element, wherein the cam element is rotationally mounted. The enveloping element may be formed of plates and joint pins, to form a link chain or a roller chain, for instance, and it is movably connected to the valve control member in the plane  
10 perpendicular to the axis of rotation of the cam element.

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